

Porcupine Sliders

Recipe adapted from Recipe for healthy kids cookbook,
Team Nutrition USDA

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

Ingredients:

1/8 cup	Brown rice, long-grain, regular, dry
1 tsp	Canola oil
1 1/2 Tbsp	Fresh onion, peeled, diced
1/4 cup	Fresh celery, diced
1 1/2 tsp	Fresh garlic, minced
1 lb	Raw ground turkey, lean
1	Egg, beaten
5 Tbsp	Dried cranberries, chopped
3/4 cup	Fresh baby spinach, chopped
1 tsp	Worcestershire sauce
1/2 tsp	Salt
1/2 tsp	Ground black pepper
6 (1 oz each)	Mini whole-wheat rolls (small dinner roll size)



Directions

1. Preheat oven to 350 °F.
 2. Combine brown rice and 1/2 cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
 3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
 4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
 5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
 6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
 7. May be served with onion, lettuce, tomatoes, ketchup and mustard.
- Enjoy!

Nutrients Per Serving: Calories **247**, Protein **16 g**, Carbohydrate **26 g**, Dietary Fiber **3 g**, Total Fat **9 g**, Saturated Fat **2 g**, Cholesterol **85 mg**, Vitamin A **540 IU(41 RAE)**, Vitamin C **2 mg**, Iron **2 mg**, Calcium **65 mg**, Sodium **366 mg**